

## ***Build Adaptability and Resilience via LOC Learn***

*Build Core Competencies via LOC Learn* is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Adaptability and Resilience: Dealing with Change." We encourage you to take this opportunity to refresh your skills and abilities and share them with a friend or coworker. Select a learning resource below:

<b>Online Learning Resource</b>	<b>Resource Type, Duration</b>	<b>Speaker/Author</b>	<b>What you will learn:</b>
<a href="#">Dealing with Uncertainty</a>	Video, 3:10 minutes	Eddie Obeng	Uncertainty can put anyone on edge. Eddie Obeng shares three techniques for dealing with all the things you can't control.
<a href="#">Tackling Change</a>	Video, 2:08 minutes	Amy Jen Su	Change is difficult but it's also a fact of life and business. By accepting it, understanding what is in your control, and taking clear action, you will be better able to influence a positive outcome.
<a href="#">Organizations Change So Get Ready</a>	Course, 30 minutes	N/A	In this course, you'll find out what can trigger organizational change. You'll explore common responses to change and the stages of reacting to change that people go through when dealing with organizational change. You'll learn why it's important to be resilient when adapting to change, and how to prepare yourself to get the most out of change.
<a href="#">Change and Motivation Science</a>	Video, 4:01 minutes	Susan Fowler	In the midst of change, let motivation science lead the way.
<a href="#">Redefining Yourself After Organizational Change</a>	Course, 29 minutes	N/A	In this course, you will learn the importance of adapting to organizational change, as well as the essential skills needed to handle it. The course details the best practices of building self-motivation and introduces the idea of reframing as a coping method. You'll learn to turn resistance to change into acceptance. Finally, this course covers the importance of capitalizing on the career opportunities presented by organizational change.
<a href="#">Leading Change in a Changing World</a>	Video, 3:20 minutes	Thomas C. Redman	To be an effective leader in today's rapidly evolving business landscape, you need to plan and lead change in your organization. Change isn't always easy, and sometimes there is internal resistance to it; but by following four actionable steps, you can overcome almost any hurdle.